



ATTACHMENT AND DETACHMENT

Attachment and Duty Extract from 7/2/03 Satsang

Om Shri Paramatmane Namaha

With regard to the subject of attachment, we all know that it is the real bondage. We all have attachments with near and dear ones, mostly our relatives. When there is attachment, there is usually a historical relationship between the two souls. There is some sort of mutual debt to be paid off. If the debt is not paid off, the attachment does not come to an end. Our attachment does not end unless we serve others and perform our duties. Attachment does not end simply by thinking or self-analysis. You may conclude that the world and all relationships are temporary, since there is a continuous cycle of birth and death. But who knows who one's husband, wife or daughter was? You can go on contemplating such thoughts, but your attachment will continue. You cannot end it by self-analysis. Automatically a time will come when your attachment will cease. This will happen when you fulfil your duty towards the person to whom you feel attachment. You must serve that person and fulfil your commitment completely. Your debt will be paid off!

Remember one more point - ending your attachment does not mean that you become unfeeling towards the world. Anyone who becomes unfeeling towards the world will become unfeeling towards himself or herself also. The world is not for weeping or becoming unfeeling like a stone. This world is a place where the play of God is going on. We have to realise our own inner Divinity. Attachment should go away but love should remain. There is a difference between attachment and love. Real love in life is manifested, develops and blossoms only when there is no attachment. Love cannot and should not be avoided. Why should it be avoided?

However, do not be in too much of a hurry! Do not try to stop all attachment towards your relatives in just a few days and then start meditating. This will not work! You may have been busy analysing yourself for ten or fifteen days through the power of thought. You may convince yourself that you have eliminated all the attachment inside, but after a while you will have some thoughts about your mother! Attachment will not end like that!

Another point is that, instead of having a worldly relationship, you should try to see God in everyone. As a matter of principle, it is theoretically right that God alone is in everyone everywhere, but you cannot realise this so quickly. To see God in everyone is the very last stage. This stage will and must come, but it takes time. Therefore, in any situation when you feel attachment, try to perform your duty to the best of your ability, and do not worry about what will happen. Leave everything to God.

For example, you are now here in India and you may have recollections of your near relatives in your country, wondering how they are getting on. There is nothing unnatural in this, since such memories will occur. But you should evolve in wisdom. In other words, you should realise that events happen as they happen, and they are in no one's hands.

The important point is to perform your duty when the situation presents itself. What would you do if certain events happened and you were by your relative's side? Would you be willing to serve, if you had the opportunity, and were with somebody who needed your service? If you would be willing to serve them at their time of need and you would try your best, then it is all right.

What is not right is when you are here in India but your mind is still in Prague, Berlin or London. The mind should be where the body is. If the body is here, then let the mind be here also, doing the work for which you have come. This is the training. Many people have the habit of thinking about their home while they are in their office, and of worrying about their office work when they are at home. The mind is not in the present. This sort of deficiency should be corrected. God takes care of everyone, everywhere. When you are at home, it is fine you do work there, but, now that you are here, you should focus on your work here. God is taking care of your family at home, and you should have faith in God. Ask yourself: "Could I or would I do anything helpful if I was back home?"

We should be ready to perform our duty to the extent of our capacity and whenever we have the opportunity. However, if the situation where we can help does not present itself, we should leave it to God. For example, if we are not in the same place as the people who need help or we are not in a position to help anybody (for example due to our bad health), then have faith in God. That is the only way to have peace. Therefore do not worry if you suffer from dreams and thoughts that something bad is happening. This is a trick of the mind, and the mind often plays such tricks.

In the situation that you feel attachment, try to perform your duty as well as you can, and do not worry about the future. Leave everything to God!

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